ASSESS THE KNOWLEDGE REGARDING PUERPERAL PROBLEMS AMONG PRIMIPARA MOTHERS

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ABSTRACT

Objective of the study is to assess the knowledge regarding puerperal problems among primi para mothers in selected hospitals of Tirupati. A non-experimental research design was adopted with a sample of 100 prim para mothers who meets the inclusion criteria. A self-structured questionnaire was used containing section I Demographic data and section II self-structured questionnaire with 40 items. The findings of the study reveals that 42% of primi para mothers have poor knowledge, 46% of primi para mothers have average knowledge and12% of primipara mothers have adequate knowledge regarding puerperal problems. The study findings concludes that there is a need for health education regarding puerperal problems among primi para mothers.

Keywords: *knowledge, puerperal problems, puerperium, primipara, postnatal.*

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INTRODUCTION

Puerperial period is a period of transition in which the mother's body, reproductive organs returns to its approximate non-pregnant state. It is the period form immediate birth of a new born to the one and half month after delivery. According to World Health Organization it is the most critical period and also most neglected period in the women's life. A special care is required for the puerperal mothers in order to have safe mother hood and healthy living (Mrs. Manisha Gadade).

The puerperal problems are due to the impact of the events that takes place during labor and the transitional phase from non-parent to motherhood. The puerperal problems that commonly found in puerperal mothers are perineal pain, constipation, bleeding problems elimination problems, breast problems (Nayak, P). the problems during puerperium may disrupt the maternal child relationship.

A study from the village of Chainsa, Haryana regarding the puerperal problems shows that 64% affected with breast problems, 17% affected with constipation, 22% with fatigue (Medical Research study report).

A study on management of minor ailments among postnatal mothers by Pragati Nayak at Bangalore reveals that 42% of mothers have inadequate, 43% have average ad 17% of mothers had adequate knowledge regarding minor ailments of puerperium (Devi, S.N.). the objective of the study was to assess the knowledge regarding puerperal problems among primipara mothers.

NEED FOR THE STUDY

During puerperium mothers physical and emotional behaviour will be altered due to stress and trauma sustained during birth of newborn.

In India postnatal infection stands in the 3rd place in causing maternal mortality which is due to lack of knowledge regarding diet, perineal care, breast care and other problems that arise during puerperium. The expert committee of WHO estimate that 15% of all the maternal mortality in developing countries puerperal maternal health is neglected and interventions to reduce morbidity are not of high priority.

A report of WHO (2010) estimates that 71.4% are suffering with breast problems, 86.6% with fatigue, 80.4% with insomnia, 42% of women with perineal pain (Kent, J.C.). The above studies reveals that there is a need for health education regarding puerperal problems among primipara mothers.

STATEMENT OF THE PROBLEM

A study to assess the knowledge regarding puerperal problems among primipara mothers

OBJECTIVE

To assess the knowledge regarding puerperal problems among primipara mothers

REVIEW OF LITERATURE

Ann Sajeev, Jeswita D. Souza [2021] assessed on the postnatal minor ailments and knowledge among postnatal mothers. A descriptive research design was adopted. A simple random sampling was adapted to select 30 samples. The findings shows that 13% of mothers had inadequate knowledge, 20% of mothers had moderate and 67% had adequate knowledge. Study concludes that mothers need health education regarding management of minor disorders during puerperium.

Ogehi Abazie, Iniobong Inyang [2021] studied on the common psychological problems affecting postnatal mothers. A multistage sampling technique is used to select 240 postnatal mothers with a descriptive quantitative study. Majority 60.8% of participants had inadequate knowledge. There is significant association between age and knowledge of postpartal problems. The study concluded that most of the women had poor knowledge regarding postpartal psychological disorders.

Rabab Hossan, Hoda Abdel Azim Mohamed et al [2021] studied on the knowledge and practices related to reduction of postnatal infections. A descriptive research design with 87 postpartum mothers were selected by using purposive sampling. The study showed that 87.4% of sample women had inadequate knowledge and 74.7% of sample had poor practice regarding prevention of puerperal infections. Study concludes that postnatal women had poor knowledge regarding puerperal infections. Healthy personnel has a major role in providing knowledge related to prevention and practices regarding postpartal infections.

Tamilselvi, S., Ananthi, S et al [2020] studied on the knowledge among para mothers related to breast engorgement and its risk factors. A quantitative research design was conducted. Convenient sampling technique was used to select 60 postpartal women. Data was collected by using a semi structured interview. The results showed that significant increase in the knowledge of postpartal mothers at $p<0.05$ level. Among 60 samples 50% of them have inadequate knowledge, 42% have moderate knowledge and 8% have adequate knowledge related to breast engorgement.

Indrani D [2019] studies conducted on prevalence of breast engorgement among postnatal mothers with normal vaginal delivery. 90 women were selected by using convenient sampling technique. A quasi-experimental research design was used. A six-point self-rated engorgement scale and visual analogue scale were used to collect the data. The study revealed that 65 – 75% of mothers complained of pain and engorgement of breast.

It concluded that 65 – 75% of mothers from rural area suffer from breast engorgement. Need to provide preventive and treatment measures to decrease incidence of breast engorgement.

MATERIALS AND METHODS

A descriptive study was carried out on 100 primi para mothers admitted in postnatal ward of a selected hospital, Tirupati. The total sample was 100 primi para mothers selected by purposive sampling method. Data collection was done by knowledge questionnaire on selected puerperal problems.

Content validity of tool was submitted to 10 experts and suggestions were taken and modifications were done as per expert's suggestion. The final tool had 10 questions from demographic data and 40 items in structured questionnaire. Each question carries one mark for correct answer and zero for the wrong response. Maximum score was 40 and minimum score was 0.

A formal permission was obtained from the concerned department. Before collecting data the purpose of the study was explained to the primipara mothers. Assurance given regarding the confidentiality of their responses. An informed consent was obtained and primipara mothers were requested to fill the questionnaire regarding puerperal problems. A time period of 45 min was given to complete the questionnaire.

RESULTS

The data collected was coded and filled in master data sheet. By using SPSS, the analysis of master data sheet was done. Variables were analyzed. Association was found by using chi-square test. The results were organized in the following manner.

Table 1. Demographic Profile of Primi mothers

S. No.	Demographic Variables	Control Group	
		Frequency (N)	Percent (%)
1	**Age**		
	a) 18 - 25	34	34
	b) 22 - 25	39	39
	c) 26 - 29	22	22
	d) 30 and above	5	5
	Total	**100**	**100**
2	**Religion**		
	a) Hindu	50	50
	b) Muslim	31	31
	c) Christian	19	19
	d) Any other specify	0	0
	Total	**100**	**100**
3	**Education of Mother**		
	a) No formal education	0	0
	b) Primary education	32	32
	c) Secondary education	42	42
	d) Graduation and above	26	26
	Total	**100**	**100**
4	**Education of spouse**		
	a) No formal education	4	4
	b) Primary education	24	24
	c) Secondary education	57	57
	d) Graduation and above	15	15
	Total	**100**	**100**
5	**Occupation of mother**		
	a) Home maker	30	30
	b) Self employed	16	16
	c) Private Job	13	13
	d) Govt. Job	41	41
	Total	**100**	**100**

6	**Occupation of spouse**		
	a) Home maker	33	33
	b) Self employed	24	24
	c) Private Job	31	31
	d) Govt. Job	12	12
	Total	**100**	**100**
7	**Family income per month (in rupees)**		
	a) 1,000 to 5,000/-	33	33
	b) 5,001 – 10,000/-	21	21
	c) 10,001 – 15,000/-	31	31
	d) 15,001/- and above	15	15
	Total	**100**	**100**
8	**Type of family**		
	a) Nuclear	25	25
	b) Joint	49	49
	c) Extended	26	26
	Total	**100**	**100**
9	**Place of living**		
	a) Urban	30	30
	b) Rural	70	70
	c) Tribal	0	0
	Total	**100**	**100**
10	**Source of information**		
	a) Multi media	34	34
	b) Health personnel	19	19
	c) Neighbours	31	31
	d) Family members	16	16
	Total	**100**	**100**

Table 2. Level of knowledge on postnatal problems in primi para mothers

Level of Knowledge on postnatal problems	Inadequate		Moderate		Adequate		Mean	SD
	N	%	N	%	N	%		
	42	42.0	46	46.00	12	12.00	23.30	6.689

DISCUSSION

The present study findings revealed that the majority 34% of primipara mothers belonged to age group of 18 – 21 years 39% belong to age group of 22 – 25 years where as 22% was in the age group of 26 -29 years and less percentage 5% were in age group of 30 and above. Majority 50% were Hindus, 40% have secondary education, 48% were homemakers, 33% were under below Rs. 5000/- income group, 49% were in joint family, 70% resides in rural area, 34% gained knowledge from multimedia.

The level of knowledge of the primipara mothers 42% of mothers have inadequate knowledge, 46% of primipara mothers have moderate knowledge 46% of primipara mothers have moderate knowledge and 12% have adequate knowledge regarding postnatal problems.

The data presented in the studies of Sowmya Raj K et al supporting present study represents that majority of the postnatal mothers had average knowledge (65%), 21% of mothers have fair knowledge only 14% of postnatal mothers have poor knowledge regarding puerperal problems.

The findings of Milu Mouriya Joseph shows that 30.6% of mothers have moderate knowledge 15.7% have high knowledge and 2.1% have poor knowledge related to selected problems during puerperium.

CONCLUSION

The study findings revealed majority of the studied primipara mothers 4.6% had moderate knowledge 42% had inadequate knowledge and 12% had adequate knowledge regarding puerperal problems. Hence it provides evidence of need of providing health information regarding puerperal problems among primipara mothers.

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